

## Intervention: Strengthening Families Program (SFP)

Finding: Sufficient evidence to determine effectiveness

### Potential partners to undertake the intervention:

- |   |  |
|---|--|
| <input checked="" type="checkbox"/> Nonprofits or local coalitions        | <input type="checkbox"/> Businesses or labor organizations |
| <input checked="" type="checkbox"/> Schools or universities               | <input type="checkbox"/> Media                             |
| <input type="checkbox"/> Health care providers                            | <input type="checkbox"/> Local public health departments   |
| <input type="checkbox"/> State public health departments                  | <input type="checkbox"/> Policymakers                      |
| <input type="checkbox"/> Hospitals, clinics or managed care organizations | <input type="checkbox"/> Other:                            |

### Background on the intervention:

The Strengthening Families Program (SFP) uses family systems and cognitive-behavioral approaches to increase resilience and reduce risk factors for behavioral, emotional, academic, and social problems.

### Findings from the systematic reviews:

Systematic reviews recommend the Strengthening Families Program. Both the Office of Educational Research and Improvement (OERI) and the National Institute of Drug Abuse (NIDA) list it as an exemplary program. Foxcroft, et al., write that the program is an effective intervention for the primary prevention of alcohol misuse. See the Web site below for additional information.

### Additional information:

Strengthening Families Programs - [www.strengtheningfamilies.org](http://www.strengtheningfamilies.org)

### References:

Foxcroft DR, Lister-Sharp DJ, Lowe G, Breen R. Longer-term primary prevention for alcohol misuse in young people: a systematic review. *Addiction* 2003 Apr; 98(4): 397-411.

OERI - [Exemplary and Promising: Safe, Disciplined, and Drug-Free Schools Programs](http://www.ed.gov/admins/lead/safety/exemplary01) - [www.ed.gov/admins/lead/safety/exemplary01](http://www.ed.gov/admins/lead/safety/exemplary01)

NIDA - [Preventing Drug Use Among Children and Adolescents: A Research-Based Guide](http://www.nida.nih.gov/Prevention/Prevopen.html) - [www.nida.nih.gov/Prevention/Prevopen.html](http://www.nida.nih.gov/Prevention/Prevopen.html)